



Healthy Futures

Eat well, play well

Rethinking and Replacing Sweetened Beverages: An Innovative Tool to Reinststate Water In Children's Environments

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Challenging the status quo



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A collaborative approach to changing children's obesogenic environments



- Public Health Experts
- Researchers
- Dietitians
- Dentists
- Physical Activity Specialists
- NGO representatives
- Teachers and other education sector representatives
- Marketing experts
- DHB Planning and Funding representatives
- Concerned community members
- Local Government representatives
- Ministry of Health representatives

HEALTHY FUTURES' VISION



For all New Zealand children to live in an environment that enables and supports healthy eating and physical activity.



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CHANGE: Rethinking and replacing sweetened beverages with water



Raising awareness and a desire for change

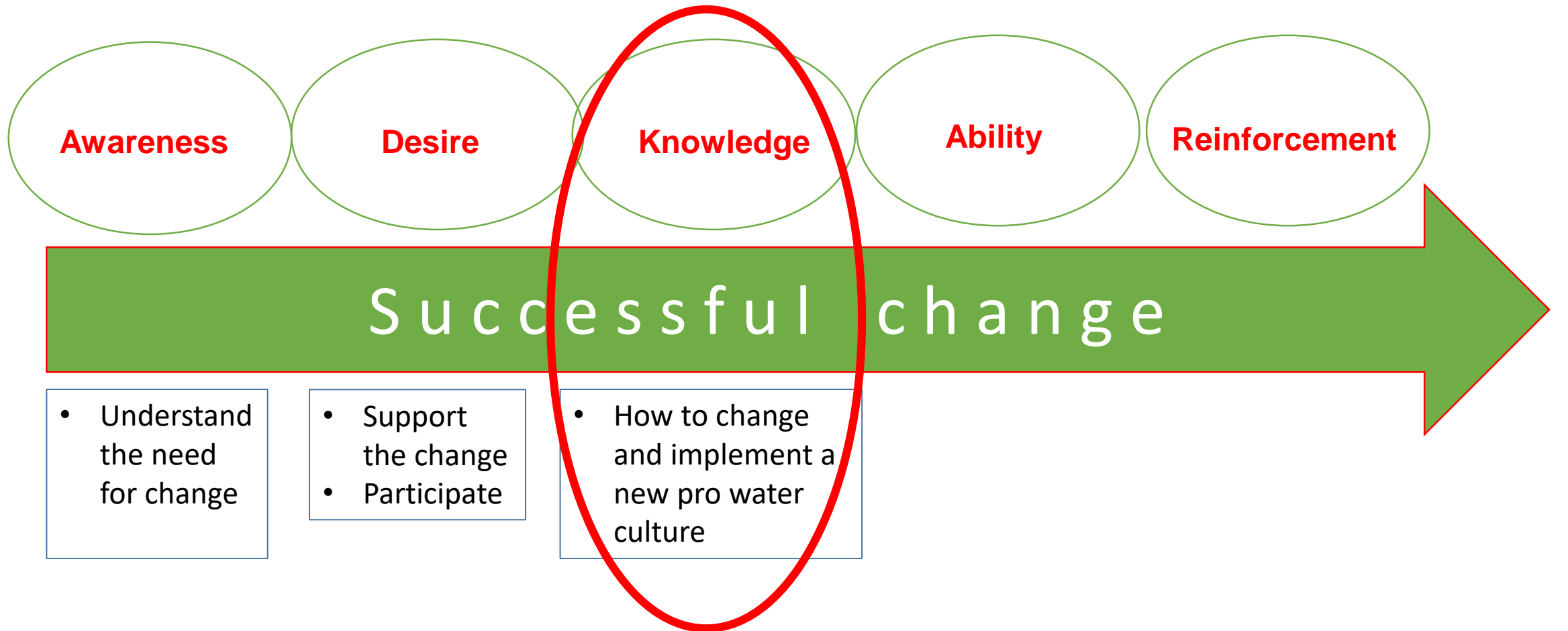


Awareness that sugary drinks drive dental disease, obesity and type 2 diabetes.



Photo; Louise Goosens, CCDHB

CHANGE: Rethinking and replacing sweetened beverages with water



**"Mum you'll never guess what they've got here; they've got water!
You can never usually get water at school galas"**



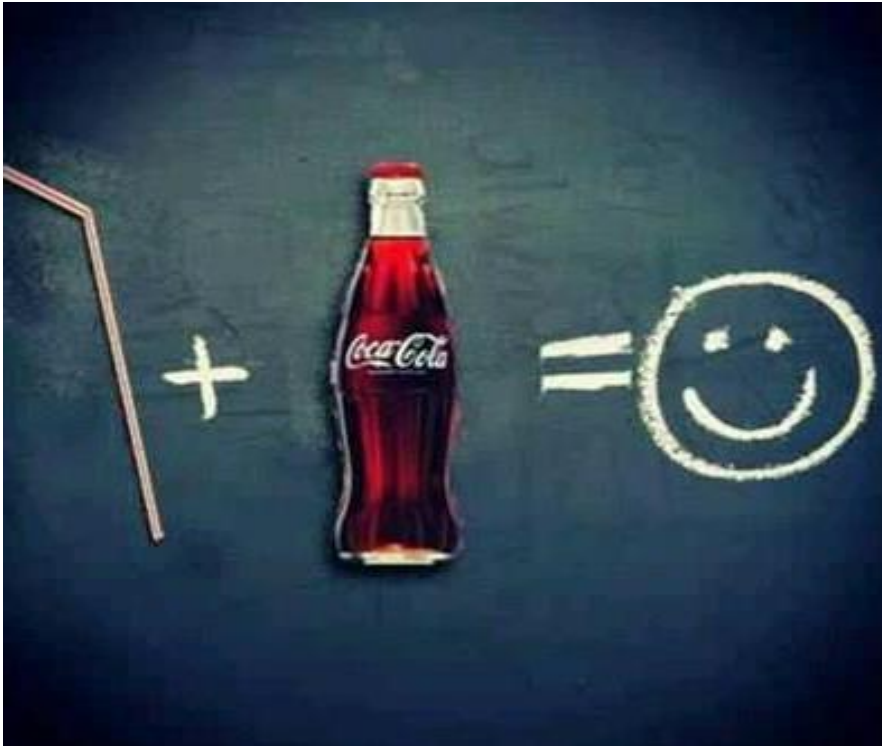
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How do we counteract the pressures toward harmful products in children's environments?

Relatively cheap, readily available, and ubiquitously marketed.



Free, readily and attractively available, choice, marketed by children- and us!



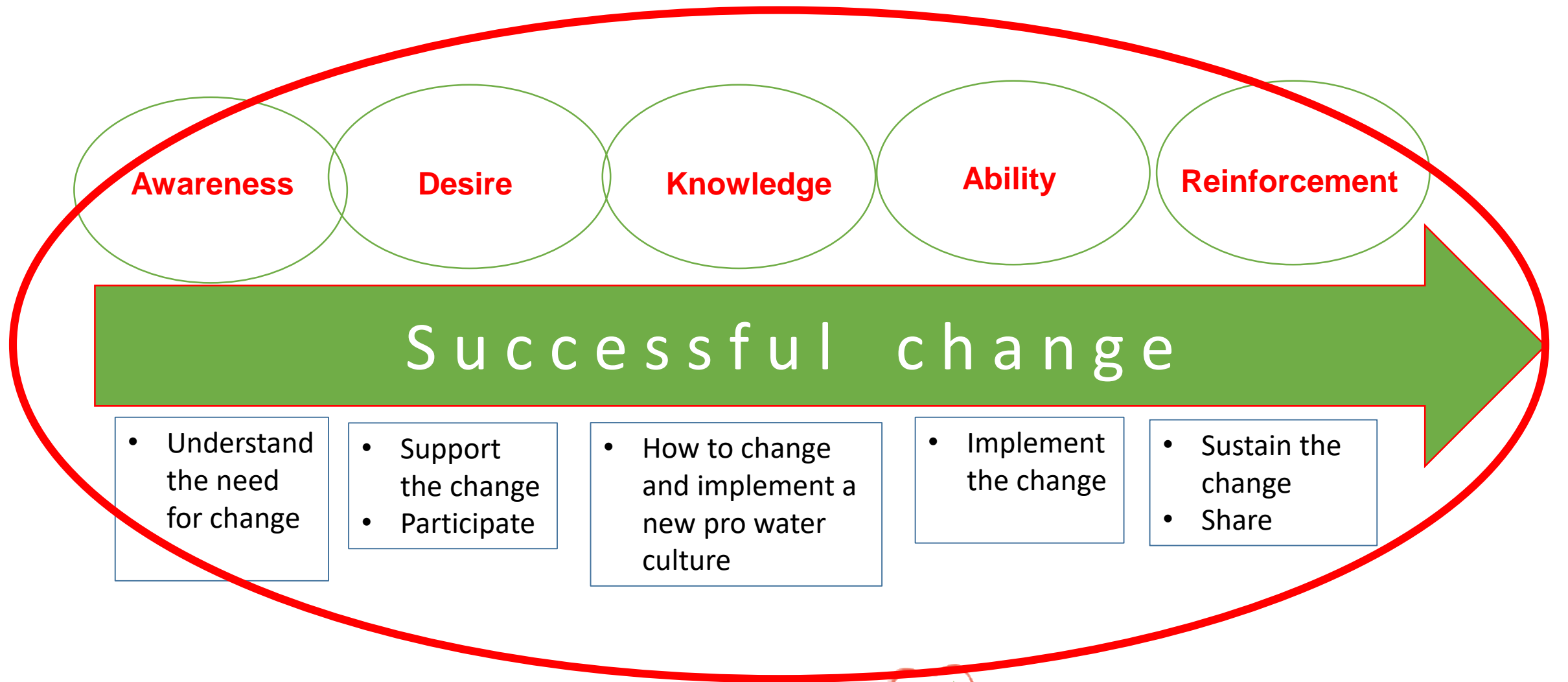
The 'how' to implement change : Healthy Futures' Water Kit

- 3 x 10 L water dispensers
- Chilly bin
- HPA 100% Water resources
- Top up jug
- Running guide and recipe ideas



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CHANGE: Rethinking and replacing sweetened beverages with water



Problem and Solution= Awareness and Action



A tool to enable community led change



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Tackling the obesogenic environment in children's sport



A sporting chance



Putting the positive spin on change



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Bruises in the game of change!



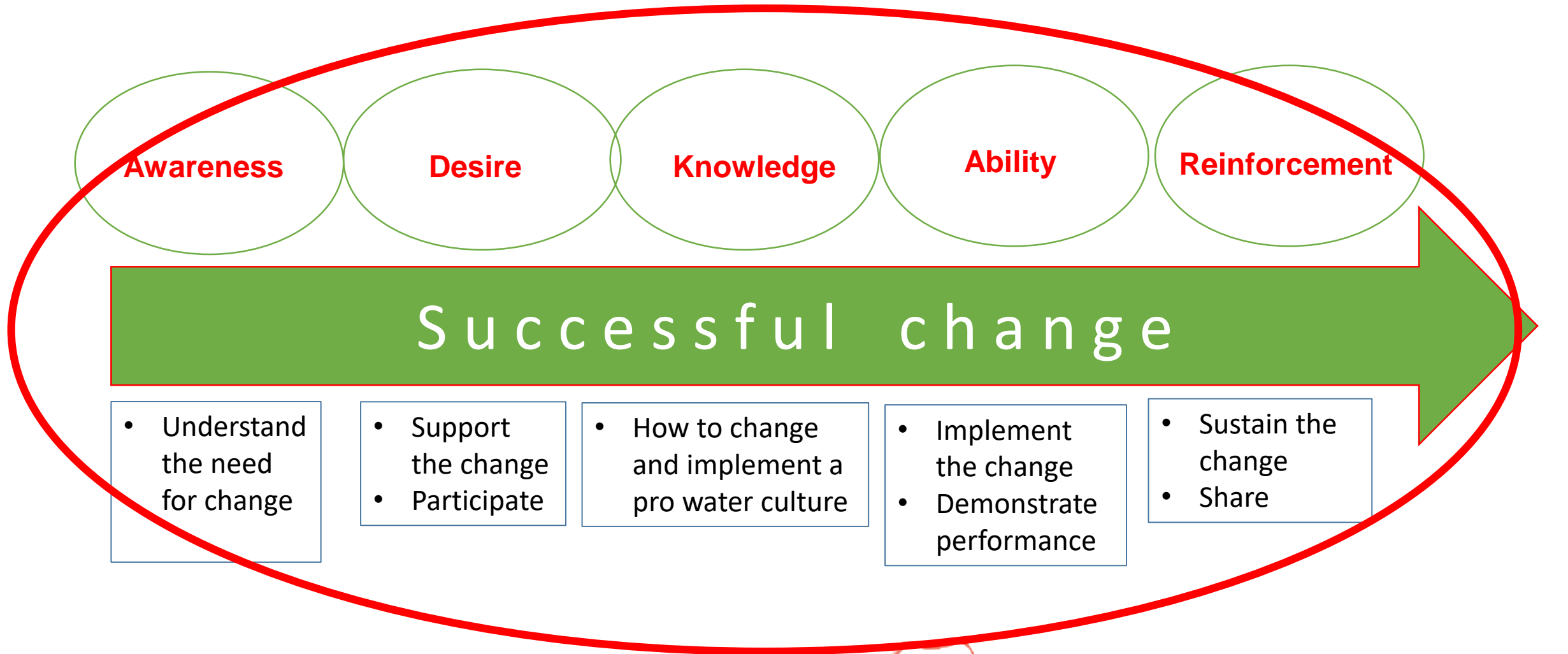
A supportive school environment leads and strengthens community action

- Brooklyn School purchased their own water kit
- Kit loaned out to wider community for sport prize givings and neighbouring school galas
- Awarded the NZ Dental Association 'Switch to Water' challenge.



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CHANGE: Ability and Reinforcement phase



Water kits for sale: reinforcing and sustaining change

Initial focus in schools

Wellington sales enquiries to;
water@healthyfutures.org.nz

Want to set up your own water kit?
Learn how by visiting:
healthyfutures.org.nz/waterkit

YOUR WATER KIT INCLUDES:

3 x 8L Maxwell & Williams dispensers (with stands)
Bubble wrap for storage and protection
1 jug for topping up
Cleaning guide and cleaning log
The HPA '100% WATER' resources
Miltons 30 Antibacterial tablets for sterilising
100L click lid storage container

\$150.00 (RRP \$351.90)



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Acknowledgements



The AMAZING Healthy Futures team



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